

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 JUNE 29	Legs & Cardio (Resistance)	Walk 40 Min (LISS)	Abs & Arms (Resistance)	Walk 40 Min (LISS) + Stretching	Full Body Workout	Yoga/Stretching
WEEK 2 JULY 6	Legs & Cardio (Resistance)	Walk 40 Min (LISS)	Abs & Arms (Resistance)	Walk 40 Min (LISS) + Stretching	Full Body Workout	Yoga/Stretching
WEEK 3 JULY 13	Legs & Cardio (Resistance)	Walk 40 Min (LISS)	Abs & Arms (Resistance)	Walk 40 Min (LISS) + Stretching	Full Body Workout	Yoga/Stretching
WEEK 4 JULY 20	Legs & Cardio (Resistance)	Walk 40 Min (LISS)	Abs & Arms (Resistance)	Walk 40 Min (LISS) + Stretching	Full Body Workout	Yoga/Stretching
WEEK 5 JULY 27	Legs & Cardio (Resistance)	Sprint 30 Sec. Walk 30 Sec. Total 25 Min. (HIT)	Abs & Arms (Resistance)	Sprint 30 Sec. Walk 30 Sec. Total 20 Min. (HIT) + Stretching	Abs & Cardio (Resistance)	Yoga/Stretching
WEEK 6 AUG 3	Abs & Arms (Resistance)	Sprint 30 Sec. Walk 30 Sec. Total 20 Min. (HIT)	Abs & Cardio (Resistance)	Sprint 30 Sec. Walk 30 Sec. Total 25 Min. (HIT) + Stretching	Legs & Cardio (Resistance)	Yoga/Stretching
WEEK 7 AUG 10	Legs & Cardio (Resistance)	Sprint 30 Sec. Walk 30 Sec. Total 25 Min. (HIT)	Abs & Arms (Resistance)	Sprint 30 Sec. Walk 30 Sec. Total 20 Min. (HIT) + Stretching	Abs & Cardio (Resistance)	Yoga/Stretching
WEEK 8 AUG 17	Abs & Arms (Resistance)	Sprint 30 Sec. Walk 30 Sec. Total 20 Min. (HIT)	Abs & Cardio (Resistance)	Sprint 30 Sec. Walk 30 Sec. Total 25 Min. (HIT) + Stretching	Legs & Cardio (Resistance)	Yoga/Stretching
WEEK 9 AUG 24	Legs (Resistance)	Sprint 30 Sec. Walk 30 Sec. Total 30 Min. (HIT)	Arms (Resistance)	Sprint 30 Sec. Walk 30 Sec. Total 25 Min. (HIT) + Stretching	Abs (Resistance)	Yoga/Stretching
WEEK 10 AUG 31	Legs (Resistance)	Sprint 30 Sec. Walk 30 Sec. Total 25 Min. (HIT)	Arms (Resistance)	Sprint 30 Sec. Walk 30 Sec. Total 30 Min. (HIT) + Stretching	Abs (Resistance)	Yoga/Stretching
WEEK 11 SEPT 7	Legs (Resistance)	Sprint 30 Sec. Walk 30 Sec. Total 30 Min. (HIT)	Arms (Resistance)	Sprint 30 Sec. Walk 30 Sec. Total 25 Min. (HIT) + Stretching	Abs (Resistance)	Yoga/Stretching
WEEK 12 SEPT 14	Legs (Resistance)	Sprint 30 Sec. Walk 30 Sec. Total 25 Min. (HIT)	Arms (Resistance)	Sprint 30 Sec. Walk 30 Sec. Total 30 Min. (HIT) + Stretching	Abs (Resistance)	Yoga/Stretching

REST ON SUNDAYS! DRINK PLENTY OF WATER.

SEPT 21
FINISH
PHASE 1

7-minute circuits with 4 exercises in each. Each workout will consist of two rounds of two different circuits. This in total means **4 x 7-minute rounds = 28 minutes**. Inbetween each circuit you can have 30-90 seconds rest as you need.

LISS stands for Low Intensity Steady State. This can be used to define exercise types such as walking.

HIT stands for High Intensity Interval Training. Interval training consists of two periods typically called the 'rest' and 'work' period. You will be using are a 30:30 setup. This means you will sprint at 90-100% capacity for 30 seconds and then be at stand still (or cruise) for 30 seconds, then repeat.

Resistance training is based around the use of resistance to induce muscular contraction. Typically resistance consists of sets or rounds of exercises with a specified numbers of repetitions of each.

Kayla Itsines Weekly Exercise Timetable

Susan Liddy, Deirdre Flynn



Kayla Itsines Weekly Exercise Timetable:

The Bikini Body Motivation & Habits Guide Kayla Itsines, 2017-12-19 Use the power of motivation and good habits to become fitter healthier and stronger for life Bikini Body Guides BBG co creator Kayla Itsines named the world's number one fitness influencer by Forbes shows you how to harness the power of motivation and build good habits around health and fitness Drawing on more than 40 000 survey responses from her global online community as well as extensive research and her experience as a trainer Kayla addresses what stops us from following through on our health and fitness goals In her second book The Bikini Body Motivation Habits Guide Kayla explores how you can overcome those obstacles set goals and stick to a long term plan for better health Inside you'll find helpful checklists and templates a 28 day meal plan more than 200 simple and delicious recipes shopping lists and a pull out 28 day workout poster Let global fitness phenomenon Kayla show you how YOU can stick to a plan for long term health In this book I give you the keys to achieving your goals and show you how to use motivation to create healthy habits that will stick

Bikini Body Training Guide 2.0 Kayla

Itsines, 2015-02-20 So you finished my 12 week guide Give yourself a massive congratulations and pat on the back It's a huge accomplishment and no doubt you are feeling a big change in your overall health mindset and confidence As you know by now my program is not a diet but a lifestyle With my 2.0 guide I've created another 12 weeks to help you continue your healthy lifestyle Inside you will find 12 weeks of higher challenge workouts a full glossary section detailing new exercises as well as a guide to foam rolling and new resistance exercises The 2.0 guide helps you take your healthy lifestyle to the next level and is the best way to continue reaching your fitness goals

The Bikini Body 28-Day Healthy Eating & Lifestyle

Guide Kayla Itsines, 2016-12-27 Kayla Itsines Bikini Body Guide 28 minute workouts are energetic high intensity plyometric training sessions that help women achieve healthy strong bodies Itsines Sweat with Kayla app is the best selling fitness app in the world for a reason The BikiniBody 28 Day Healthy Eating Lifestyle Guide is full of Kayla's meal plans recipes and motivating information to help you live a healthy and balanced lifestyle Kayla makes exercising and healthy eating achievable and fun The Bikini Body 28 Day Healthy Eating Lifestyle Guide features Kayla's advice for a nutritious and sustainable diet Over 200 recipes such as Berry Nana Smoothie Bowl Strawberries Ricotta Nutella Drizzle on Toast Peachy Keen Smoothie Super Green Baked Eggs Fruit Salad with Chia Seed Dressing Quinoa Roast Vegetable Salad Moroccan Chicken Salad Asian Noodle Salad Stuffed Sweet Potato Chicken Paella Pad Thai with Chicken Zucchini Pasta Bolognese 7 Day access to the Sweat with Kayla app A 28 Day workout plan that has all the moves to accompany Kayla's meal plan The BikiniBody 28 Day Healthy Eating Lifestyle Guide is the ultimate tool to help you achieve your health and fitness goals

[The HELP Vegetarian Nutrition Guide](#) Kayla Itsines, 2014-12-20 The HELP Vegetarian Guide contains Kayla Itsines 107 page clean eating plan including a full 14 day meal plan with recipes Suitable for Vegetarians Vegans and Pescatarians Learn what to eat discover

fat burning foods eat tasty meals and speed up your metabolism

[Der Bikini Body Training Guide 2.0](#) Kayla

Itsines,2015-02-20 Yeah Du hast mein 12 Wochen Programm beendet Du kannst stolz auf dich sein und f hlst dich jetzt bestimmt viel besser ges nder und fitter Wie du jetzt wei t geht es bei meinem Programm nicht nur um ein Training sondern es geht um einen neuen Lebensstil Mit meinem BBG 2 0 habe ich ein weiteres 12 Wochen Programm erstellt welches dich auf deiner Reise zu mehr Fitness und Gesundheit unterst tzen soll Der Guide enth lt weitere herausfordernde Workouts ein komplettes Glossar mit neuen bungen sowie einen Leitfaden f r das Schaumstoffrollen Der BBG 2 0 hilft dir noch ges nder zu leben und ist der beste Weg um deine Fitness Ziele zu erreichen *Kochie's 11-Step Money Plan For a Better Life* David Koch,2019-03-26 David Koch online entrepreneur finance journalist and trusted Australian media personality knows a thing or two about the family finances Father of four kids sole breadwinner ad a man not afraid to admit to his own odd money mistake David has also spent hour after hour in the Sunrise studio tuning in to the way the average Australian thinks about money He knows the extent to which we all spend too much on silly stuff avoid keeping track of our expenses get overwhelmed by the cost of raising a family settle for less in terms of salary do without the things that would bring a bit of pleasure to our lives pay the banks too much in fees and interest David is here to help In 11 easy steps he shows us everything we need to do to pay less on the mortgage put up to 14 000 extra back in the average family budget get those finances sorted in 15 minutes a month develop a side hustle or get a salary increase or why not both learn a little about investing for the future tackle debt once and for all Friendly clear and easy to use this is the guide you need to reset your money habits so you can learn more worry less breathe easier and enjoy of the fruits of your labour This book is just the first step towards getting on top of your finances Kochie s weekly 11 Steps email newsletter is going to keep you on track well beyond the last page with timely tips news and opportunities for you to keep growing your wealth Just head to www.ymyl.com.au 11steps to get on the list **The Smart Teen's Guide To Building Wealth Through Entrepreneurship** Kingsley Beck,2025-09-25 Do you dream of starting a business Want to grow your hard earned money If so read on What if you could turn 100 into a thriving business or investment portfolio What if that same 100 became the foundation of your financial freedom Are you watching others spend their parents money wondering if you could create wealth on your own What if I told you Richard Branson built a 20 billion empire with just 200 at 15 The truth is your age is your greatest advantage not your limitation Yes you can start a business and succeed In this guide Beck reveals entrepreneurial strategies and investment mindsets that transform limited resources into success Through 15 well documented real life case studies you ll uncover the secrets of business success and learn how to start your venture or investment journey even with just 100 This guide has already inspired thousands of young people to take action Why not be the next success story What You ll Discover in This Guide The 100 to 1 Million Blueprint Proven strategies from 15 young millionaires on turning 100 into a thriving business The Wealth Acceleration Framework A 3 step system to help beginners generate income in 21 days and surprise themselves financially The Smart Money Multiplier A little known technique 83% of young entrepreneurs use to grow initial investments

by 300% in the first year The Anti Failure Formula Why 67% of young entrepreneurs fail and how you can be among the 33% who succeed building lasting confidence The Opportunity Scanner How to find million dollar business ideas hiding in plain sight even with no prior experience From clueless beginner to confident entrepreneur this guide gives you everything you need to succeed What You ll Learn 3 critical decisions to make before investing your first 100 How to identify hidden market opportunities and uncover blue ocean ideas in a saturated market The psychological triggers that separate successful entrepreneurs from quitters helping you grow mentally and emotionally A proven 4 step system to minimize risks while maximizing returns Why traditional saving and investing advice keeps most people stuck and how to break free The single most important factor to turn small wins into major successes never underestimate the power of your first 100 How to achieve maximum impact with limited resources Hidden psychological barriers that prevent success and how to overcome them You ll walk away with actionable steps to start generating income immediately even if you ve never earned a dollar before What You DON T Need Wealthy parents Perfect grades in school Any prior business experience All you need is the willingness to take the first step Why This Guide Stands Out Engaging stories Each chapter reads like a short story making it fun and easy to follow Real life case studies Practical examples from real entrepreneurs not just theories Actionable strategies Step by step plans you can implement immediately Proven frameworks Effective in any market condition Psychological insights Boost confidence and cultivate a wealth mindset Inclusive approach Suitable for teens of all ages as well as parents and mentors Don t let lack of experience or resources hold you back This is your chance to create wealth starting today

Digital Feeling Adrienne Evans,Sarah Riley,2023-03-03 This book offers a trailblazing account of postfeminist sensibility as a digital feeling that shapes how we understand the world around us It explores how we feel in a world where the digital has become intertwined with our intimate relationships to ourselves and to others The book develops a novel approach that draws on feminist theories of affect emotion and structures of feeling to analyse the entanglements of the digital and the non digital and the public and the private and to show how good feeling shapes a contemporary moment that often leads us back to normativity and reproduces systemic inequality This is achieved through several different digital media spheres including the Instagram account Barbie Savior fitspo content TikTok influencers and their Get Ready With Me videos the archive of hot men on TubeCrush and the intimacies of the internet cat suggesting that each offers a snapshot of our current emotional landscapes

Recipe Guide Kayla Itsines,2015-06-14 14 days of Kayla Itsines healthy tasty meals Sometimes the only thing harder than the workouts is eating healthy and fighting those junk food cravings Itsines Recipe Guide uses the same nutrition principles as The HELP Nutrition Guide and contains 14 additional days worth of amazing drool worthy recipes

Leandie du Randt: My Life Hacks Leandie du Randt,2021-11-01 In My Life Hacks Leandie du Randt shares her journey into adulthood through her personal life hacks for body mind soul and business Following the death of her mother and her divorce Leandie adopted these hacks or rituals which helped her to become the best version of herself

By sharing them she wants to help people become the best version of themselves She believes that by applying these hacks to your life in your unique way you will experience the same joy she feels by being herself because when you change your mindset you can change your life

Digital Wellness, Health and Fitness Influencers Stefan Lawrence, 2022-10-07 This book examines the phenomenon of digital guru media DGM the self styled online influencers life coaches experts and entrepreneurs who post on the themes of wellness health and fitness It opens up new perspectives on digital leisure and internet celebrity culture and asks important questions about the social cultural and psychological implications of our contemporary relationship with digital media Drawing on cutting edge social theory the book explores a wide range of contexts in which DGM intersects with digital leisure from the health related learning of young people to the clean eating movement to the online lives of fitness professionals It asks if digital and social media are problematic per se and explores the problems a turn to the Internet could be revealing about the lack of real world or analogue support as well as potential solutions for our wellness health and fitness needs and wants Bringing together innovative multi disciplinary perspectives this book is fascinating reading for anybody with an interest in leisure studies media studies cultural studies sociology or health and society

The Routledge Handbook of Motherhood on Screen Susan Liddy, Deirdre Flynn, 2025-04-25 The Routledge Handbook of Motherhood on Screen offers a comprehensive global analysis of the representation of Mothers and Motherhood in contemporary screen industries and online spaces Over five distinct sections this handbook examines how the complexities and realities of contemporary motherhood are translated to the screen Offering a full scholarly overview of the field this handbook provides a ground breaking and important contribution to our understanding of motherhood on screen The geographical and genre reach of the handbook presents new ways of theorising and reframing current scholarly debate and gives a wide ranging and comprehensive contribution to knowledge of on screen representations An international team of established scholars and emerging voices provide analysis of representations from around the world spanning a breadth of genres The chapters situate transnational screen representations of motherhood in the 21st Century and assess the implications of contemporary representation of motherhood Thoroughly challenging and expanding understandings of motherhood and mothers this handbook will be an essential multi faceted publication for researchers and students of film TV animation motherhood gender studies feminism ageing studies anthropology and sociology

Der Bikini Body Training Guide 1.0 Kayla Itsines, Der Bikini Body Training Guide ist der 189 seitige Workout Guide von Kayla Itsines Er enth lt einen 12 Wochen Plan f r deine Workouts inkl Ausdauertraining Krafttraining und Dehn bungen Die Workouts dauern dabei nicht einmal 30 Minuten und konzentrieren sich gezielt auf deine Problemzonen

A Physical Education Casey Johnston, 2025-05-06 From the most visible woman writing about weightlifting today a profoundly engrossing memoir and manifesto about how lifting helped dissolve her allegiance to diet culture taught her to be at home in her body and led her to grow every kind of strength Elizabeth Greenwood In A Physical Education Casey Johnston recounts how she ventured into

the brave new world of weightlifting leaving behind years of restrictive eating and endless cardio Woven through the trajectory of how she rebuilt her strength and confidence is a staggering expos of the damaging doctrine spread by diet and fitness culture Johnston s story dives deep into her own past relationships with calorie restriction exercise and codependency As she progresses on her weightlifting journey she begins to eat to fuel her growing strength and her food cravings vanish Her physical progress fuels a growing understanding of how mainstream messaging she received about women s bodies was about preserving the status quo Previously convinced that physical improvement was a matter of suffering she now knows it requires self regard and patience A little pushing at a time adds up to the reawakening of parts of herself she didn t even know were there A Physical Education asks why so many of us spend our lives trying to get healthy by actively making our bodies weaker Casey Johnston is a voice for those of us who feel underdeveloped and unfulfilled in our bodies and are looking to come home to ourselves

Q-Kurv Magazine Jason Sternberg, Michael Scully, 2020-09-17 Q Kurv is a digital first multimedia magazine published by Journalism students at Queensland University of Technology in Brisbane Australia

The Age of Fitness Jürgen Martschukat, 2021-01-22 We live in the age of fitness Hundreds of thousands of people run marathons and millions go jogging in local parks work out in gyms cycle swim or practice yoga The vast majority are not engaged in competitive sport and are not trying to win any medals They just want to get fit Why this modern preoccupation with fitness In this new book Jürgen Martschukat traces the roots of our modern preoccupation with fitness back to the birth of modern societies in the eighteenth century showing how the idea of fitness was interwoven with modernity s emphasis on perpetual optimization and renewal But it is only in the period since the 1970s he argues that the age of fitness truly emerged as part and parcel of our contemporary neoliberal era Neoliberalism enjoins individuals to work on themselves to cultivate themselves in body and mind Fitness becomes a guiding principle of social life an era defining network of discourses and practices that shape individuals actions and self conceptions The pursuit of fitness becomes a cultural repertoire that is deeply ingrained in our institutions and way of life This wide ranging book shows how deeply fitness is inscribed in modern societies and how important fitness has become to success or failure recognition or exclusion in a society that sets great store by self responsibility performance market and competition It will be of great value not only to those interested in sport and fitness but also to anyone concerned with the conditions of success and failure in our societies today

Holiday Keto Stacey Michelle, 2020-10-20 Keto is the fastest growing diet in America and the holiday season poses its greatest challenge a steady stream of parties and feasts full of carbohydrate loaded foods think stuffing and sweet potato casserole and tempting desserts With this indispensable guide you will never feel hungry burn fat boost energy and transform your body all while enjoying the festive season The ketogenic diet is based on cutting carbs down almost to near zero while upping fat intake and it has been shown to not only help people lose weight permanently but also be good for their health by stabilizing blood sugar lowering blood pressure and improving markers for heart disease among other benefits This book is a guide to handling your

keto lifestyle throughout the holidays to both enjoy the season and still maintain a healthy diet program Starting first with the basics of keto what it is how and why it works and what you need to know about fats and carbs readers get tips on how to prep their kitchen entertain in style stay on track with exercise and get through tough moments maintaining keto when friends and family pressure you recovering from a cheat and adjusting your diet in the short term The centerpiece is an extensive and colorful collection of keto recipes starting with cocktails and appetizers and going through main and side dishes vegetarian and vegan and spectacular desserts We wrap up with a fun keto gift guide full of products and foods that every keto dieter will love *Postfeminism and Body Image* Sarah Riley, Adrienne Evans, Martine Robson, 2022-07-29

Postfeminism and Body Image is a groundbreaking work that provides a poststructuralist and psychosocial analysis of key issues at the intersections of body image psychology and media The book outlines the theoretical framework through the work of renowned philosophers Michel Foucault and Gilles Deleuze and their use in feminist scholarship to address body image issues and challenges in the context of a postfeminist sensibility The authors rethink body image calling into question assumptions and obligations that affect recent issues related to social media use body positivity the transformation imperative body shaming and muscular masculinity The analysis shows the advantage of seeing body image as a form of non linear warfare structured by contradiction confusion and critique where attempts to challenge oppressive body image practices are appropriated under the guise of positive alternatives to maintain that oppression Through real world examples these nuanced concepts are made relatable and comprehensible to the readers The book also offers a number of affirmative and hopeful ways forward This is an indispensable resource for students and professionals of Gender studies Health Psychology Social Psychology and Media and Cultural Studies It is also ideal for anyone exploring body image self image postfeminism and poststructuralism *Influencer* T. Bettina Cornwell, Helen Katz, 2020-12-29 The influential are no longer only those with celebrity status but until now there has been no authoritative resource on the theory and practice of influencer marketing This book will educate and inspire decision makers researchers students and influencers themselves Diving deeper than the many how to books on the influencer phenomenon this book brings in frameworks from marketing sociology psychology and communication studies to redefine the influencer as a persona related to a person group of people or organization that possesses greater than average sway over others Cornwell and Katz go on to introduce the influencers macro and nano authentic and inauthentic ascending and fading consider their relationship to brands in the marketing ecosystem along with regulations that set limits on influencer marketing describe how influence is measured and evaluated and look into the future and bring together the latest research on influencer marketing and organize it for the reader The book serves both those who want to understand the science behind influencer marketing and those who want to most effectively employ influencers in brand strategy Instructors students and professionals will appreciate international examples from multiple industries applying theories to the real world The Open Access version of this book available at <http://www>

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The Cruise Control Diet Jorge Cruise, 2020-01-07 Activate your weight loss autopilot use the power of simple intermittent fasting to lose the pounds and keep them off from Hollywood trainer and 1 New York Times bestselling author Jorge Cruise Timing is everything when it comes to losing weight Or as celebrity trainer Jorge Cruise explains When we eat is as important as what we eat Building on the scientifically proven but hard to sustain day on day off technique known as intermittent fasting Cruise has developed a revolutionary masterplan that simplifies your calendar and eliminates between meal hunger He divides every day into two easy to remember nutritional zones a 16 hour evening and overnight burn zone semi fasting followed by an 8 hour boost zone eating Ingeniously his plan also includes bumper foods that can be consumed in either zone around the clock to keep you satiated and burning fat throughout You'll never be hungry if you don't really ever have to fully fast Backed by the very latest research and client tested for optimal results The Cruise Control Diet unlocks the key to dramatic results with recipes for deliciously unexpected boost zone foods such as Portobello Mini Pizzas Zoodle Spaghetti Meatballs Sheet Pan Salmon Asparagus and even Almond Butter Cookies high fat no sugar burn zone recipes for craving quenching foods like Double Chocolate Fudge Mousse and Vanilla Chai Tea Latte weekly menus and handy grocery lists to take the guess work out of the equation candid testimonials from Cruise's clients and test panel participants an optional burn zone exercise program with instructional photos With The Cruise Control Diet you'll automate your diet and finally conquer weight loss forever Featuring a foreword by Brooke Burke and an introduction by Jason Fung M.D. Praise for Jorge Cruise Jorge gets it right His recipes make eating smart easy I recommend them highly Andrew Weil M.D. 1 New York Times bestselling author of Why Our Health Matters Jorge knows how to make weight loss simple and easy without feeling hungry Tyra Banks model actress CEO and New York Times bestselling author Recipes from my friend Jorge Cruise where healthy food meets great flavor Emeril Lagasse chef restaurateur and New York Times bestselling author

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